



Monday, July 18, 2011
www.metronews.ca



News worth sharing.

Knocking 'em out on the catwalk

► Abdulai was called back by 10 of the 25 agencies in attendance ► She will take part in Toronto Fashion Week in October

Not many people get the opportunity to chase down their dream career right out of high school, but London's Edona Abdulai appears poised to do just that.



"I'm so ready to do this. I can't wait."

EDONA ABDULAI, ASPIRING MODEL

She met with Elite Model Management Milan on Friday morning, after the agency was impressed with how Abdulai strutted her stuff on the catwalk the night before at a runway event for some of Canada's newest modeling talent.

"A lot of (agencies) told me I was their favourite out of the group of girls," Abdulai said. "They would like me to work locally here in Toronto until next year, when I'll eventually travel to New York, Milan and Paris."

To use a sports analogy, Abdulai has been recognized as a top prospect but is not yet able to

declare for the draft. It's akin to the process used in the NHL, though Abdulai will be a "free agent" and can sign with whomever she wants.

"They told me that I have to finish my last year of (high) school," she said. "You don't sign (a contract) right now — not until next summer." ● MIKE ARSENAULT

River. Rest



► Enya Sherman, left, and her sister Maggie feed the birds yesterday in the Thames River on a hot and humid afternoon as their mother Heather watches.

MIKE ARSENAULT/METRO

Hottest days of summer ahead

Londoners better brace themselves for heat and humidity over the next seven days. Environment Canada has issued a humidex advisory for most of Southwestern Ontario, including London and Middlesex. Every day this week we're expecting highs in excess of 30 C with humidex values above 40. It's the hottest week of the summer so far, and the overnight hours won't provide much relief as temperatures should remain around 20 C, feeling more like 30 with the humidity. AM980/AM980.CA

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1
news

New rules mean Ontario couples must attend info session before divorcing. Scan code for story.

- 1 Download the free ScanLife app with your smartphone at 2dscan.com
- 2 Use your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



The federal government is hitting the road to ask some tough questions about immigration policy. Guidy Mamann has more at metronews.ca/immigration.

Follow us on Twitter @themetrolondon

Group. Yoga



► More than 300 people stretch their muscles and practice poses during The Yoga Shack Gives Back community yoga class yesterday morning at the John Labatt Centre.

MIKE ARSENAULT/FOR METRO

Getting tranquil for charity

Mayor Joe Fontana was among the crowd that transformed the JLC into an impromptu yoga studio. The class was led by Lisa Shackelton, owner of The Yoga Shack, and two instructors from Lululemon Athletica. Attendees were a mix of veteran yoga practitioners and first-timers. More than \$1,500 was raised and all proceeds went to the social service agency Mission Services.

Haiku poets impress at the folk festival

- More than 100,000 people at Home County Folk Festival on weekend
- Event garnered \$31,000 in donations as of Saturday night



MIKE ARSENAULT
LONDON@METRONEWS.CA

Call for great verses From Canada far and wide Steals the show at 'Fest.

Penn Kemp, London's Poet Laureate, was impressed by the quality of the prose entered in the Great Canadian Haiku Project. All submissions were required to celebrate Canadian identity and culture.

"I thought the talent was extraordinary," Kemp said.

"And I was really pleased with how many Londoners succeeded (in submitting entries)."

The haiku project took place on Saturday afternoon at the Home County Folk Festival. There were 17 finalists chosen — whittled down from 85 — and each was performed on stage with musical backing from select festival artists. Kemp, who was the head judge of the contest, said the audience reaction was overwhelmingly positive.

Winning entry

► Lightfoot hit me hard
Sundown burned into my brain
Never been the same

Emily's vision —
from this deep coastal forest
comes a raven's caw

Leonard Cohen sings
Hallelujah! crocuses
On Parliament Hill

Terry Fox's things —
A lone sock, the heel worn through
miles still left to go

Composed by: Helen Baker,
Terry Ann Carter, Trevor
Malone.

"We got a standing ovation at the end, it was just huge," she said. "There

were hundreds of people there — it was just astonishing."

London's Stout on UFC 137 card



► Sam Stout

London's Sam (Hands of Stone) Stout has been matched against German lightweight Dennis Siver at UFC 137 in October.

The main event of the Oct. 29 card in Las Vegas sees Canadian Georges St-

Pierre defend his welterweight title against former Strikeforce title-holder Nick Diaz.

Stout (18-6-1) is coming off a highlight-reel knockout of Yves Edwards at UFC 131 in Toronto. Siver (19-7)

won a narrow decision over Matt Wiman at UFC 132.

The card also sees lightweight Brandon (The Truth) Vera face Eliot (The Fire) Marshall.

THE CANADIAN PRESS

Police probing cyclist's death

A 33-year-old man died around 3 a.m. yesterday while he was riding his bike on Dundas Street near the Argyle Mall in London's east end, police said.

The man was found lying unresponsive on the road with his broken red bicycle close by.

Police are investigating the death as a possible hit-and-run and are looking for witnesses.

The man's name has not been released.

THE CANADIAN PRESS

Second suspicious fire being investigated

Police and fire officials are investigating the second suspicious fire in as many weeks to hit the same street in Lambeth, Ont.

They say the blaze at 132 Sunray Ave. in the community south of London torched the house's patio stairs.

This comes one week after a suspicious fire last Saturday morning engulfed the detached garage of the house next door.

No one was injured in either fire, but police say last weekend's incident caused an estimated \$40,000 in damages.

No estimate is available for last night's fire.

London police and the Ontario fire marshal's office are investigating.

THE CANADIAN PRESS

Food fest underway

The Braywick Bistro at 244 Dundas St. is one of the restaurants taking part in this year's Londonicious festival.

Visit braywickbistro.ca.

Londonicious, featuring prix fixe menus at \$25 per person, runs until July 31.

● METRO

Questions raised over flag contract

► Under international trade agreements, Canadian flags are not required to be made in country

It should be a good-news story: An Ontario manufacturer beats out a dozen factories in China in a competition to produce 400,000 Canadian flags for the federal government.

But the \$294,000 contract awarded to Toronto-based Scythes Inc. earlier this year has raised questions about whether the tendering process was fair.

Scythes Inc., parent of Flying Colours International, was one of 18 firms that bid to produce small nylon flags for distribution to new Canadians at citizenship ceremonies.

The company won the contract not because its prices were lower — internal documents obtained under the Access to Infor-

Flag wars

► This is Michael Blanchard's second bad experience with a flag order that Public Works has tendered on behalf of Citizenship and Immigration.

► In 2007, 12 bidders responded to a tender to supply 150,000 nylon flags — and 11 of them were declared technically non-compliant by a Public Works official, again because of problems with samples.

► Scythes Inc. won that contest as well, with a \$121,000 contract that was about \$80,000 higher than Blanchard's bid.

mation Act show their bid was the second-highest, be-

hind another Ontario firm, at about 65 cents a flag.

Scythes got the contract because the 17 other bidders submitted samples that a Public Works official said were technically non-compliant. Colours were off or staples were missing.

"Something doesn't smell very good here," says Michael Blanchard, whose Ottawa-based Adware Promotions Inc. made a rival bid that was \$220,000 cheaper. His were to be made in China.

The purchase is also unusual because Citizenship and Immigration had budgeted only \$140,000, requiring delivery by March 10, three weeks before the fiscal year-end.

THE CANADIAN PRESS

Murder. Acquittal



► Casey Anthony walks out of the Orange County Jail with her attorney Jose Baez during her release in Orlando, Fla., yesterday. Anthony was acquitted last week of murder in the death of her daughter, Caylee. The prosecution argued Anthony had suffocated the little girl with duct tape.

RED HUBER/POOL/THE ASSOCIATED PRESS

Mother freed from jail

Casey Anthony, 25, walked out of jail a free woman yesterday, facing shouts of "baby killer" just days after being acquitted of murder in the death of her two-year-old daughter Caylee. Caylee's remains were found in 2008.

THE CANADIAN PRESS

Ousted Mubarak not in coma, doctor says

Hosni Mubarak's lead doctor denied yesterday that the ousted Egyptian president had suffered a stroke or was in a coma, as Mubarak's lawyer claimed.

Dr. Assem Azzam said the 83-year-old Mubarak only had a bout of low blood pressure.

Mubarak's lawyer said earlier that he had a stroke and was in a coma.

Mubarak has been in a hospital since April under arrest on charges he ordered the killings of protesters during Egypt's uprising. He's said to be suffering from heart trouble.

The former president is set to face trial in about two weeks on charges he ordered the killings of protesters during the 18-day uprising that ousted him on Feb. 11. A conviction could carry the death penalty. THE ASSOCIATED PRESS

Nexus members caught smuggling: Docs

Travellers under Canada's Nexus program who are considered low risk have been caught trying to illegally smuggle goods into the country.

The Nexus program allows Canadian residents to pass through special lines when travelling to the U.S.

It's designed to make

border patrol more efficient by allowing guards to move those who aren't considered to be a danger to border security through customs more quickly and focus on those who are potentially high risk.

But documents show more than a hundred Nexus travellers crossing

the border in the second half of 2010 said they had no goods, or undervalued the goods they were declaring, only to be found to be smuggling the items.

The goods range from a couple of bottles of beer to a \$16,000 engagement ring. Other examples include an Ontario resident who at-

tempted to declare a boat as Canadian goods when a customs officer found out it was actually being imported, and a Quebec traveller who bought tires online from a business in the United States and had them installed on his car but never declared them.

THE CANADIAN PRESS

Montreal man boards boat to Gaza Strip

A Montreal man is one of about 10 pro-Palestinian activists aboard a ship that's trying to break Israel's blockade of the

Gaza Strip.

Stephan Coriveau is on the Dignity al-Karama, which left Greek waters heading for the territory.

The ship was part of a larger protest flotilla that tried to break the naval blockade weeks ago but was thwarted by Greece. An organizer says the attempt sends a message that activists haven't given up. THE ASSOCIATED PRESS

Ex-exec arrested, top cop resigns amid scandal

A burgeoning voicemail hacking and police bribery scandal cut closer than ever to Rupert Murdoch and Scotland Yard yesterday with the arrest of the media magnate's former British newspaper chief and the resignation of London's police commissioner.

Though the former executive, Rebekah Brooks, and the police chief, Paul Stephenson, have denied wrongdoing, both developments are ominous not only for Murdoch's News Corp., but for a British power structure that nurtured a



► Rebekah Brooks, former chief executive of News International, leaves a hotel in central London July 10.

SANG TAN/THE ASSOCIATED PRESS FILE

cosy relationship with his papers for years.

Brooks, the ultimate social and political insider, dined at Christmas with Prime Minister David Cameron. His Conservative-led government is now facing increasing questions about its relationship with Murdoch's media empire.

Another of Murdoch's chief executives, Wall Street Journal publisher Les Hinton, also had to resign Friday after more than 50 years with Murdoch. James Murdoch, head of European and Asian operations for his





father's company, News Corp., is under increasing scrutiny. He and the senior Murdoch, along with Brooks, face questioning tomorrow by British lawmakers investigating the

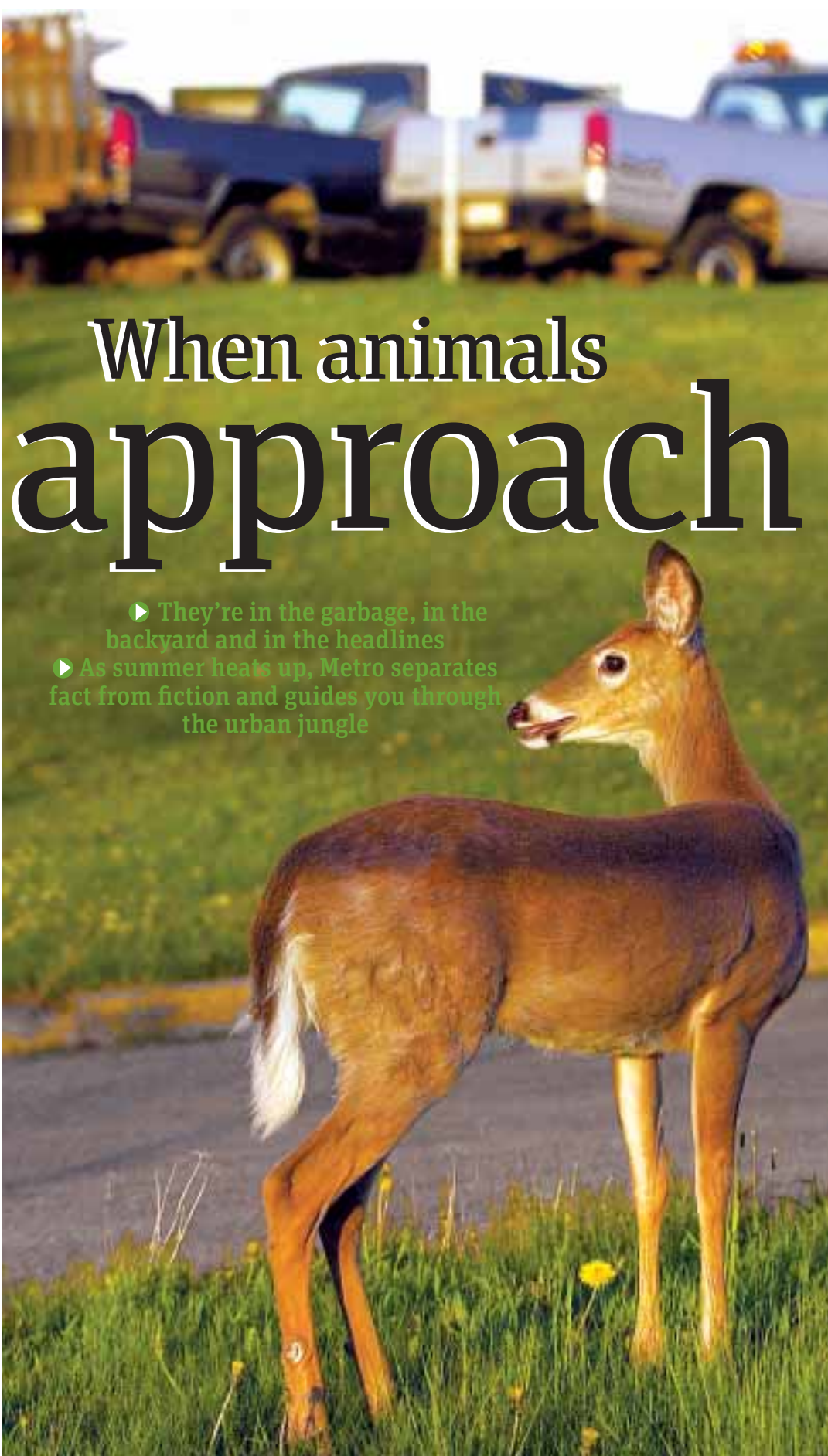
scandal.

News of the World is accused of hacking into the mobile phones of crime victims, celebrities and politicians.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
+ 46.62 (13,299.54)	+ 0.73¢ (104.79¢ US)	+ \$1.55 US (\$97.24 US)	\$4.38 (+ 2¢) Gold contracts \$1,590.10 (+ \$0.80)



When animals approach

► They're in the garbage, in the backyard and in the headlines
 ► As summer heats up, Metro separates fact from fiction and guides you through the urban jungle

"There's a temptation to feed them because they're almost tame ... but if you do that you're habituating that animal — it just scored."

KEVIN STRANGE, CALGARY ZOO



JENNIFER
TAPLIN
@METRONEWS.CA

Whether it's a deer smashing through a coffee shop window in Halifax or a black bear taking a snooze in a Kanata backyard, wildlife loves cities almost as much as commuters.

And this summer has seen myriad of tales of animal-human conflicts in Canadian cities, with the case of a Toronto man allegedly hitting a baby raccoon with a shovel drawing out both animal lovers and raccoon haters in protest.

But, despite the attention, are citizens really having more run-ins with critters?

"It's massively man-made this idea we're having more interactions ... but there's no doubt we're encroaching on their territory," said Simon Gadbois, an animal behaviour researcher in Halifax.

Habitat encroachment and climate change play a role, but conflicts come in cycles depending on animal populations and their environment, he said.

These days, he said, people are more likely to report animal sightings after learning of a horrific event, such as recent bear attacks in B.C. and the 19-year-old Toronto woman who was killed by coyotes in Cape Breton, N.S., in 2009.

In the short term, growing cities mean a loss of

habitat as animals creep into cities looking for food and shelter, but in the long term it means there will be fewer animals, said Kevin Strange, with the conservation outreach program at the Calgary Zoo.

"Cities and towns are almost always built on a water body, and in the west here they're always on a river and rivers are green highways (for animals)," he said.

"There are times when climate change can really make animals migrate."

Climate change can be good for some animals and bad for others. If there is a shortage of rabbits, for example, coyotes will range further into cities and find that cats make a good substitute, he said.

"Cats think (coyotes) are dogs and it's not until the last second they realize they're not dealing with the average dog," Gadbois said. "And some cat owners put those little bird bells around the necks of cats, which becomes like a lunch bell for the coyotes."

Experts believe the keys to making cities less attractive to wildlife is to take a serious look at waste management and get people to stop feeding creatures like deer and raccoons.

Gadbois said people need to realize wildlife is always going to hang around cities — it might not be ideal, but not as dangerous as people think.

"Hey, get over it," he said. "That's what it is to live in Canada."

No party animals here

When you have an uninvited, furry pest living in your house, throw a party.

Reesa Atnikov, a supervisor with the not-for-profit Wildlife Haven Rehabilitation Centre in Manitoba, said they take thousands of calls every year about wild animals like raccoons or skunks that have become a little too comfortable in an urban setting.

"We recommend bright lights, loud music and rags

soaked in bleach. They don't like the smell, they don't like the lights and they don't like the loud music," she said.

But if you're in the backyard and Winnie and Yogi wander in to sniff out your garbage bin, the best plan is to call a conservation officer, said Kevin Strange with the Calgary Zoo.

"That's got to be a fairly threatening situation ... and it may have a desire to protect the food source," he said.

● JENNIFER TAPLIN

Canada's most unwanted

► We asked officials in Metro cities across the country to tell us about their most troublesome critters:



Halifax — Coyote Most dangerous:

Coyotes can wander into the city's peninsula and get trapped. A power-meter reader was bitten by a coyote earlier this year.

Biggest pest: None.

Newest problem:

Bears may have poked around the suburbs in the past few weeks.



Ottawa — Black bear Most dangerous:

Black bear.

Biggest pest: Raccoon. Several YouTube videos attest to raccoons' ability to defeat supposedly impregnable green bins.

Newest problem:

Bedbug. Pest control companies note a dramatic increase in complaints in 2010.



Toronto — Raccoon Most dangerous:

None, but leaving food out is discouraged because coyotes can begin to associate people with a food source and may start hanging around.

Biggest pest:

Torontonians have the most trouble with raccoons.

Newest problem:

None.



London — Ashborer Most dangerous: None.

Biggest pest: The buckthorn plant is infiltrating London's natural areas and pushing out all the native species.

Newest problem:

The emerald ash borer beetle is wreaking havoc on ash trees, of which there are more than 100,000 in the area.



Winnipeg — Cougar Most dangerous:

Deer. Manitoba Public Insurance reports collisions with deer make up the most animal-auto accidents.

Biggest pest: Mosquito.

Newest problem:

Several witnesses spotted a cougar in Winnipeg suburb Transcona recently.



Calgary — Coyote Most dangerous:

Black bears occasionally come up the river valley into the city.

Biggest pest: Officials say there are resident coyotes living in the city.

Newest problem:

"We don't get new pests in Calgary because Alberta doesn't let them in," says Bill Bruce of Calgary Animal Services.



Edmonton — Mice Most dangerous:

Mice, and all the germs and destruction they bring.

Biggest pest: Mice, bedbugs and ants are the main ones right now.

Newest problem:

"They're all the same ones. They just get worse," says Gladys Schultz of Edmonton Exterminators.



Vancouver — Raccoon Most dangerous:

Coyotes can eat pets and have had contact with people; bites have been reported.

Biggest pest: Raccoons have bitten lots of people, mostly because of people trying to hand feed them.

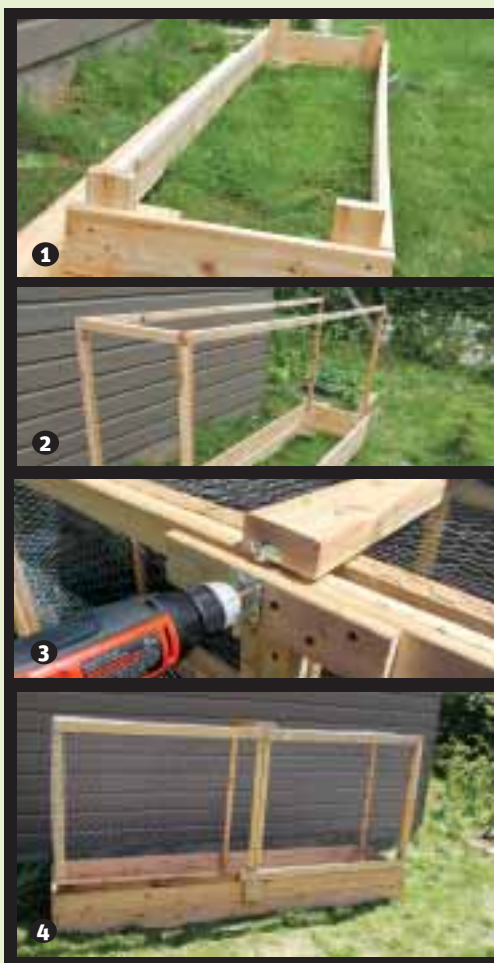
Newest problem:

None.

● METRO

How to build a garden box

PHOTOS
SEAN MCKIBBON/METRO



Raccoons are tough to keep out of a garden once they decide to raid it. You might want to try building a raccoon-resistant garden box.

Make sure to wear safety gear and check your local building codes. And remember, this design is not the work of an expert, just a reporter who was making it up as he went along. The project is fairly basic and you can alter the dimensions to suit your needs.

- 1 Construct a garden box using wide 2x6 (or wider if you want) cedar planks. A 2x4 or a 4x4 cedar post in each corner secures the planks. Posts are expensive so I used 2x4s.
- 2 Cut the 2x4s to 8 inches, leaving 4 inches to secure the 2x2s that form the upright parts of the cage frame to put on top of the box.
- 3 Connect the upright 2x2s with more 2x2s along the top, cover three sides and the roof with mesh, and then construct wooden frame doors with mesh fronts, with a latch at the top and the bottom.
- 4 It took me eight hours working by myself and it cost almost \$217 in materials. The simplest way I can explain the doors is comparing it to stapling a cage to a picture frame and then screwing another frame on top of the first. ● SEAN MCKIBBON

CHECK OUT THE EXTENDED STEP-BY-STEP PHOTOS AND INSTRUCTIONS AT METRONEWS.CA/ANIMALS TO GET A BETTER IDEA OF HOW TO DO IT.

Reader's comments

What's your best home remedy for keeping away animals?

Reader tweets



Olivia Gampel

17, STUDENT, TORONTO
"Peppercorns ... If squirrels or raccoons bit them, they wouldn't come back."



Jake Rondot

34, MANAGING DIRECTOR, WINDSOR, ONT.
"Mothballs keep skunks away."



Lori Harrison

35, DESIGNER, TORONTO
"Put plastic wrap over a bowl (of sugar), poke tiny holes in the wrap ... (to trap) fruit flies."



- @meaghanbent "I brush my dog in the front yard so the hair goes on the grass. I hear this keeps the critters away and it seems to work well."
- @a1_grady "My raccoon bangs on my green bin, I go out, throw a bun into the woods, he goes off into the woods to get it."
- @awn_sholan "Scarecrow sprinkler, hours of entertainment as well."



Had a critter problem?

Send us your tips and photos at londonletters@metronews.ca or on Twitter @themetrolondon.

GIVE STORY OF NEGLECT A HAPPY ENDING

URBAN COMPASS

JILL ELLIS
METRO LONDON



When I was a very little girl, I read a story book about a three-legged dog named Tripod, and recently I had the honour to meet a dog just like him.

The London Humane Society rescues many abused and neglected animals each year. According to executive director Judy Foster, half of the 150 to 200 animals that are at the shelter at any time have been liberated from less than desirable circumstances. Such is the case for Trooper.

A smallish Husky mix, he looks up at me from his cage with beautiful deep blue eyes. He quietly sits on his hind quarters and until he gets up to walk, one would never know he's had a limb amputated. At seven months old and not quite fully grown, Trooper is a fully capable

fellow, moving like his four-legged kennel colleagues. "He's very agile," says Foster, beaming like a proud mom. You can tell she has real affection for these displaced pets.

A neighbour of Trooper's original family noticed that the dog had been injured but wasn't receiving any medical care. After a month, he or she reported this to the Humane Society and an investigative officer was dispatched. The owner

was given a choice to have the dog treated or surrender him to the society and chose the latter.

If the neighbour's conscience had kicked in sooner, Trooper's leg might have been saved. But because he's still growing, it was becoming malformed and had to be amputated by one of the society's vets.

Hopefully, Trooper's story will have a happy ending, or maybe it already has, because he's up for adoption. A family that will value the spirit of this little guy may already have taken him home since my visit. Or maybe someone who's reading this will want to make this feisty fella part of his or her family.

There are several lessons to be learned from the sad tale of Trooper the tripod.

If you see an animal in trouble — being abused or neglected — call right away: 519-451-0500.

A big chunk of the humane society's million-dollar budget goes to getting animals healthy and in adoptable condition. Make a donation in your own pet's name to help the creatures that aren't as lucky as yours.

The humane society also has a great need for volunteers. If you're an animal lover, put your energy where your heart is and become a dog walker.

They have many adoptable pets available for loving homes, including great dogs like Trooper, cute kitties, lots of rabbits and even a guinea pig. "We don't euthanize for space," says Foster, so create some space in Trooper's cage today. Those blue eyes with adore you forever.

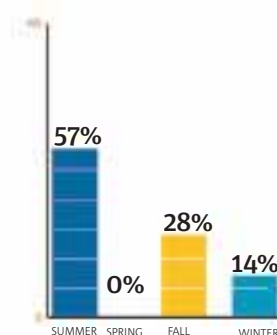
For more information, visit londonhumanesociety.ca.

Contact Jill Ellis at londonurbancompass@metronews.ca



Register at
metropolitanpanel.ca
and take the quick poll

What's your favourite season?



Worth Mentioning

BALLOON BOY. A silver, UFO-like helium balloon that gripped Americans' attention when a couple said their son had floated away in it is back in Colorado after an online auction.

An attorney for Richard and Mayumi Heene told the Coloradoan in Fort Collins Thursday that an Aurora man paid \$2,502 earlier this month for the balloon.

Perry Rausher says the man didn't want his name released because he is planning a news conference.

Rausher says he deducted \$60 from the sale for fees and the rest will go to Japanese earthquake and tsunami relief.

The Heenes, who moved to Florida from Colorado after the incident, were charged when it was discovered their six-year-old son was never on the balloon.

They had to pay \$36,000 in restitution to authorities who responded to the 2009 incident.

The boys' parents are storm chasers who appeared twice in the ABC reality show *Wife Swap*. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Vet performs mouth-to-beak CPR on eagle

A Bend, Ore., veterinarian has performed life-saving CPR on an injured bald eagle that was under anesthesia during physical therapy.

KTVZ-TV reports Jeff Cooney performed the therapy, during which the bald eagle nicknamed Patriot stopped breathing.

Cooney's "mouth-to-beak" resuscitation got the eagle breathing again.

"He has gained 10 per cent of his body weight and is eating fish like crazy," Cooney said. "His attitude is greatly improved, and he's starting to act like a normal, rambunctious bald eagle."

The injured eagle was found by two La Pine women near Crane Prairie Reservoir in June.

The eagle had suffered, among other injuries, a dislocated shoulder and paralyzed right leg.

Cooney says it's uncertain whether he will be able to return the bird to the wild.

If the bird's foot doesn't improve in the next three weeks, Cooney says he could be forced to euthanize him.

THE ASSOCIATED PRESS

Weird Al still mocking stars and making music

► Yankovic talks about his new CD, his Lady Gaga cover and the struggling music industry ► 'People just aren't buying albums the way they used to,' says the comedian

Since 1983, Weird Al Yankovic has released 13 albums, with six of them going platinum and four reaching gold status.

It's a pretty good battling average for any artist, and an especially great one for a comedian-musician.

Yankovic says he used to think all of his albums would sell well, until now.

"Back in the '90s I was getting kind of cocky. I was just assuming that every album that I put out would go gold at least and now it's a huge goal for anybody to reach that level," he said.

"People just aren't buying albums the way they used to."

His latest release, *Alpocalypse*, debuted at No. 9 on the Billboard 200 albums chart last month, selling about 44,000 copies in its first week, according to Nielsen SoundScan.

"It's still a huge thrill for me to make the Top 10 because that's all relative ... but sales-wise, it's not what it used to be," Yankovic said.

The album's lead single is a parody of Lady Gaga's No. 1 hit *Born This Way*.

Yankovic says getting his version — called *Perform This Way* — out to



► Comedian Weird Al Yankovic attends the premiere of *Bad Teacher* at The Ziegfeld Theater, in New York, last month.

the public wasn't an easy process.

First, Lady Gaga's management wouldn't allow it, but once the pop star

heard Yankovic's cover, she approved his sample.

"It was a little depressing actually," Yankovic said about waiting to hear

back from Lady Gaga.

"(I thought) I was never going to be able to release my Lady Gaga parody officially and that my album

"Most artists look at the Weird Al parody as an homage and that's certainly the way it's intended. You get your platinum album, you get your Grammy and then you get your Weird Al parody. It's part of the package."

COMEDIAN WEIRD AL YANKOVIC

was postponed indefinitely."

The new disc from the 51-year-old also features covers of Miley Cyrus' *Party in the USA*, Taylor Swift's *You Belong With Me* and Nothin' On You by B.o.B and Bruno Mars.

The three-time Grammy-winner says though getting approval from Lady Gaga's team was tough, he usually hasn't struggled to get clearances in the past.

"Most artists look at the Weird Al parody as an homage and that's certainly the way it's intended," he said.

"You get your platinum album, you get your Grammy and then you get your Weird Al parody. It's part of the package."

THE ASSOCIATED PRESS

2
scene

Box office



The boy wizard has vanquished the dark knight with a record-setting magic act at the weekend box office. Warner Bros. estimates that *Harry Potter and the Deathly Hallows: Part 2* took in \$168.6 million domestically from Friday to Sunday. That beats the previous best opening weekend of \$158.4 million, also held by Warner Bros. for 2008's *Batman blockbuster The Dark Knight*. The studio had not yet released international numbers for the full weekend, but *Deathly Hallows: Part 2* has been working the same charms since it began rolling out overseas Wednesday. The current franchise high is \$974.8 million worldwide for the first film, *Harry Potter and the Sorcerer's Stone* 10 years ago.

THE ASSOCIATED PRESS

Carell's last chance for Office Emmy

His *Office* character Michael Scott may be utterly clueless, but Steve Carell knows a thing or two. And when it comes to his sixth shot at the best actor Emmy, Carell jokes that he's got this one in the bag.

"Of course, what could possibly go wrong? How could I lose? I don't even know if that's even a remote possibility," the 48-year-old said with a laugh.

Carell's latest nomina-

tion was for his final season on the hit NBC comedy — his last chance to take home the trophy for his role as the inept Dunder Mifflin branch manager.

Carell says he'll be attending this year's awards on Sept. 18 with low expectations and no regrets.

"I'm very proud of having been on that show and all the friendships that I got out of it," he said.

"An Emmy would be

great, but it wouldn't make my experience on *The Office* any better because it was already so good."

Carell, who stars alongside Ryan Gosling, Julianne Moore and Emma Stone in the upcoming romantic comedy *Crazy, Stupid, Love*, says he's still not comfortable with being famous. The movie opens July 29.

"It's something that I never expected or never dreamt of happening. I just

don't want my kids to have a warped perception of me or my relationship with them," he said.

"I remember driving around with my daughter and I think posters for some movie had gone up and she was just a little girl ... and she was like, 'Why are there pictures of you everywhere?' And I think it was as weird for me as it was for her."

THE ASSOCIATED PRESS



► Steve Carell



Buble, Twain to duet on new Christmas album. Scan this code for more.

Lopez, Anthony announce divorce

► Couple has been living apart for months, say split is amicable

Jennifer Lopez and Marc Anthony have announced they are divorcing, according to Hollyscoop.

"We have decided to end our marriage," the couple says in a joint statement.

"This was a very difficult decision. We have come to an amicable conclusion on all matters. It is a painful time for all involved, and we appreciate the respect of our privacy at this time."

Sources say the pair had been living apart for months and was waiting for the right time to break the news.

● METRO



► Jennifer Lopez and Marc Anthony

RICARDO ARDUENGO/THE ASSOCIATED PRESS

Parenthood suits Beckham

David Beckham is over the moon about having newborn daughter Harper home. "To have that little bundle of joy in your hands and her making her little noises and opening her eyes — it really is an

incredible moment for us," he says in a chat with fans on his Facebook page. But that doesn't mean having a girl hasn't called for some adjustments. "Having a daughter is a whole new thing," he says. "Having

pink in the house and lilac in the house. And you have to be a lot more delicate with girls than with boys and I'm not used to that so it's a whole new experience but it's an amazing experience." ● METRO



► David Beckham

GETTY IMAGES

Anna: True to herself



► Anna Paquin

GETTY IMAGES

True Blood star Anna Paquin is more than happy to discuss her bisexuality after coming out last year.

"My sexuality is something I'm completely comfortable with and open about," she tells V magazine. "There is a lot of

prejudice against us, but the more people talk about it, the less of a deal it will be. Who people choose to sleep with — or spend their lives with — shouldn't matter, not that anyone particularly cares who I'm attracted to." ● METRO

Talking points

Keeping their distance

DOING DINNER. With the divorce papers filed, Arnold Schwarzenegger and Maria Shriver attended a dinner party at a Brentwood restaurant for a friend of their son Patrick, though the estranged couple arrived separately, according to X-17. A source says the couple "kept their distance" during the get-together. "It wasn't like Arnold and Maria were making googly eyes at each other or anything," the source says. "They were there for the benefit of their son but there was no reconciliation going on. They exchanged a few words cordially, though."

● METRO

Swift turnover for house

REAL ESTATE FLIP. Taylor Swift has quickly changed her mind about her home in Nashville, which she bought last September for \$1.4 million. The country star is selling the 5,000 square-foot, four-bedroom, five-bath home for \$1.45 million, according to Hollyscoop. Swift also owns a penthouse in Nashville and a nearby home in which her parents live, plus a \$3.35 million mansion in Beverly Hills.

● METRO

Celebrity tweets



"Some days you're the kid with the stick, some days you're the piñata."

@AlecBaldwin



@FREAKSB

"glad this whole twitter thing is only for serious stuff! just finished dinner yum ..."

@IrelandBBaldwin

"Girls have no class and no respect nowadays...ew."



@DanielBaldwin



"News trucks in front of my house, reporters on my driveway and my girls asking when will mommy be back from vacation."

Paris' bro pays the price

DAMAGES. Paris Hilton's little brother, Barron Hilton, is still being haunted by his day of reckless driving in 2008, during which the then 19-year-old was arrested for driving while intoxicated and allegedly struck Fernando Tellez, a gas station attendant, with his car.

Now a jury has ruled Barron must pay Tellez \$4.9 million in damages, according to TMZ. "We disagree with the jury," a source close to the defendant says. "Barron did not strike the attendant. Barron knows he did wrong. It happened three years ago and he's been incredibly responsible ever since."

● METRO



Taylor Swift

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VISIT TO ENTER

14 days of summer fun

► “I’m bored!” It’s the two words every parent dreads during the summer ► Fear not: Jason White of the Frugal Dad website offers two weeks worth of affordable summer fun activities



JASON WHITE
FRUGALDAD.COM

METRO WORLD NEWS

1

Sprinkler day

Delay your sprinklers for one day so they come on a little later in the morning. This way, everyone can put on their bathing suits and have fun. But not for too long! This is a good time to teach them about conserving water, reducing utility costs, etc.

2

Attend “story time” at your local library

My kids love to check out books on all kinds of subjects. My son currently has three library books on swimming, pirates and going to the dentist (quite a diverse reader, huh?). Many libraries also have a story time to encourage a summer reading program.

3

Rent a summer-themed movie on a rainy day

Our pick: Freaky Friday.

4

Set up a lemonade stand

This is probably my favourite idea because it involves lessons in entrepreneurship. Lend your kids \$10 as “seed money” for supplies, or better yet, let them use their own money from savings. This way, they don’t get used to the idea that borrowing leads to prosperity. Take the kids along to the grocery store one morning and let them pick up the lemons, sugar, cups and a



► On Day 11, we go to war.

couple bags of ice to keep in a cooler by their stand.

5

Teach your kids to fly a kite

Check your 10-day forecast and look for a windy day in the coming week. Pick up an expensive kite for the kids — it’s worth the investment. I even recommend springing for the extra spool of kite string on a roller because the string and handles that come with the kites are lousy.

6

Make homemade play-doh, using a recipe found online

I suppose the next best option would be to pick up some commercial Play-Doh on sale, but what fun would that be?

7

Bake a cake

I remember having a ball helping my mom bake something when I was young. And not all the fun came at the end when I got to lick the icing from the bowl. Plus, they learn fractions and measurements.

8

Build a “fort” outside

When my son was smaller he got the biggest kick out of playing in giant cardboard boxes. We would colour them, and cut “windows” out for him to look through.

9

Go bowling

Call the lanes ahead of time and ask if they have any summer specials (certain days may be cheaper).

10

Declare a “bored” game day

I learned to play chess, checkers, backgammon, and poker (my mom wasn’t thrilled with that) one summer while staying with my grandparents. Few kids today don’t realize you can play games without a computer.

11

Have a water balloon fight

You will totally win (but be sure to pick up the balloon remains, especially if you have very little ones or pets as they could be a choking hazard).

12

Create a “mini-me”

Find a piece of large poster board or large heavy-duty paper (such as a butcher paper) wide enough for your kids to lay down on. Use a dull

pencil (less chance for boo-boos) to trace their entire body to the paper from head to toe. Now let the kids decorate the kids to look like themselves in the same clothes they are wearing, same colour eyes, hair, etc. When they are finished, help them cut out their mini-me for proud display.

13

Pajama day

I feel like having these days as an adult! Stay in your pajamas all day long. Make pancakes in the morning, bake a pizza for lunch and lounge around.

14

Spend a day volunteering your time

A good way to wrap up your two-week blitz of fun is to allow your kids to donate their time to a worthy cause. Contact a few local charities and find out which ones will allow kids to volunteer.

3

life

You need this

LeapPad

The words you dread: “Daddy, can I play with your iPad?” Now, kids can have their own. This fall, LeapFrog will introduce the LeapPad, a touch-screen tablet with 100+ apps, a built-in video camera and more. Pre-order from leapfrog.com • MWN



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A new study shows

18%

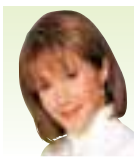
of children have a language delay. But not to worry: The “late-talking,” although it may result in behavioural problems, should not affect long-term development, says Dr. Andrew Whitehouse, of the University of Western Australia in Subiaco. • MWN



Summer trip tips: Keeping your children busy on the road. Scan this code for the story.

Rose Reisman's Swap It

Not all meat is equal. Selecting the right lean cut will not only eliminate excess calories and fat but actually increase the flavour. Toppings also make a difference.


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A Mediterranean flare

► Using ingredients such as feta cheese, olives, sun-dried tomatoes, oregano and basil give this grilled stuffed chicken breast a distinct zing

These tasty stuffed chicken breasts with walnuts combine the distinct Mediterranean flavours of feta cheese, olives, sun-dried tomatoes, oregano and basil. Enjoy with a fresh salad for a complete meal.

Preparation:

- 1 Preheat your barbecue to 260 C (500 F).
- 2 In a small bowl, combine the walnuts, feta, olives, sun-dried tomatoes, lemon zest, lemon juice, oregano and red pepper flakes. Set aside.
- 3 Butterfly chicken breasts by slicing in half (lengthwise) so the chicken remains attached. Gently pound chicken with a mallet to flatten. Place 4 to 5 basil leaves on flattened breast followed by 1/2 of the walnut and feta mixture and spread evenly.
- 4 Begin rolling chicken from one end to the other to form a pinwheel shape. Brush with olive oil and season lightly with salt and pepper. Secure roll with butcher string or 3 to 4 skewers to prevent roll from unravelling. Repeat with



► This recipe makes six servings.

remaining chicken and filling.

- 5 Reduce heat to medium-high and grill for 25 mins. until internal tem-

perature is 85 C (185 F).
THE CANADIAN PRESS/
WALNUTINFO.COM

Ingredients:

- 75 ml (1/3 cup) walnut pieces
- 125 ml (1/2 cup) feta cheese, crumbled
- 6 kalamata olives, pitted

- and chopped
- 4 sun-dried tomatoes (in oil), diced
- 15 ml (1 tbsp) lemon zest
- 15 ml (1 tbsp) lemon juice
- 15 ml (1 tbsp) oregano

- 2 ml (1/2 tsp) red pepper flakes
- 3 boneless chicken breasts
- Handful fresh basil leaves
- Salt and pepper, to taste
- Olive oil

Zucchini with a Creole kick

► Jambalaya, a rich tomato-based dish jammed with meat and bold flavourings, pairs well with roasted zucchini



► This recipe makes four servings.

Preparation:

- 1 Heat oven to 200 C (400 F). Then, using spoon, scrape out and discard seeds from zucchini, creating narrow canoes. Sprinkle with salt, garlic powder and pepper, then place hollow sides up on a baking sheet.
- 2 In skillet over medium, heat olive oil. Add onion and garlic and sauté until soft, 4 mins. Add green pepper and celery and sauté for 4 mins. Add tomato paste, Cajun

seasoning, hot sauce and Worcestershire sauce; continue to cook until mix becomes aromatic and begins to darken, 2 to 3 minutes.

- 3 Stir in sausage, shrimp, chicken and rice. Adjust seasoning with lemon juice and additional salt and pepper. Scoop mix into the zucchini boats.

- 4 Roast stuffed zucchini for 20 minutes or until zucchini is tender and cooked through.

THE ASSOCIATED PRESS

Ingredients:

- 2 medium zucchini, halved lengthwise
- 1 ml (1/4 tsp) salt
- 1 ml (1/4 tsp) garlic powder
- 1 ml (1/4 tsp) ground black pepper
- 15 ml (1 tbsp) olive oil

- 1 small red onion, diced
- 1 clove garlic, minced
- 125 ml (1/2 cup) diced green bell pepper
- 125 ml (1/2 cup) diced celery
- 50 ml (1/4 cup) tomato paste
- 2 ml (1/2 tsp) Cajun seasoning

- 5 ml (1 tsp) hot sauce
- 5 ml (1 tsp) Worcestershire sauce
- 125 ml (1/2 cup) each chopped andouille sausage, cooked shrimp, shredded cooked chicken breast
- 250 ml (1 cup) cooked brown rice
- Juice of 1/2 lemon

Getting gas from garbage

Landfills collecting methane gas to turn it into a renewable fuel



BEN KNIGHT
GREEN@METRONWS.CA

The hottest buzzword in natural gas right now is “renewable.” At first, that seems impossible. The natural gas that heats our homes and fires our stoves is a finite, fossil fuel like oil — only renewable over millions and millions of years. Ah, but there are other ways of generating gas — and these can, in fact, be renewed.

“It’s methane that is generated when organic matter gets broken down by bacteria,” says David Bennett, director of business development for FortisBC — a west-coast utility company now offering

small amounts of renewable natural gas to its customers.

“We’re just taking the waste gas our landfill sites generate every day, and using it as fuel rather than allowing it to escape into the atmosphere — or burning it or otherwise wasting it.”

Landfill sites are significant producers of natural gas. Most now have natural gas collection systems, as methane is a potent greenhouse gas.

“The raw gas coming out of the landfill has lots of carbon dioxide and sulfur and other things in it,” Bennett explains.

“We have built a system that is like a mini gas purification plant. By the time this biogas gets into



► For more information, contact your local natural gas supplier. The more people who call and inquire the better because this is truly a case where demand drives supply.

the pipeline, its quality is equivalent to pipeline-quality gas.”

This process isn’t cheap. The purified renewable gas is twice as expensive as the traditional kind.

“But in the program we offer our customers 10 per

cent of this biogas is blended into the customer’s natural gas stream,” says Bennett. “Your bill rises about \$4 a month for the average household — and that reduces your greenhouse gas footprint by about 10 per cent.”

And this isn’t just a west-coast phenomenon. Gas utilities across Canada are studying ways to implement their own programs. Renewable gas is also becoming an ever-growing power supply in parts of Europe.

In your city

What is going on in the area

► **Power** Bullfrog Power is offering renewable natural gas throughout Ontario. For an extra \$1 per day, Bullfrog injects an amount of landfill-produced gas into the system, equal to the amount of regular natural gas burned by its customers. Expensive — but so good for the environment.

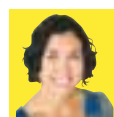
“There are enough sources right now to make a significant amount. This is probably the next step in recycling: we look at what we do with all kinds of organic waste — in cities and on farms — and how we can go about recycling that.”

THE PESTS OF COMPOSTING

I’ve recently started composting but ran into a bit of a nuisance — fruit flies. How do I get rid of them in my kitchen? *Brad of Ottawa*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONWS.CA



Fruit flies are attracted to organic matter. The obvious culprits are fresh fruits and vegetables stored on countertops and rotting kitchen scraps or “greens” headed for the compost pile, as well as organic debris in garbage cans or kitchen drains.

I hope that besides the annoying fruit flies you’ve also noticed the upside of composting — a 40 per cent decrease in your weekly garbage.

Here are some simple troubleshooting tips to prevent a fruit fly population explosion.

Control fruit flies in the kitchen:

Use a glass or metal container for collecting kitchen waste. These won’t hang onto odours



► Composting, much like getting rid of fruit flies, is easier than you think.

(like plastics do) and a tight-fitting lid will keep fruit flies out.

Store your kitchen food scraps in a sealed container in the fridge or freezer.

Control fruit flies outdoors:

They’re attracted to exposed food scraps, so each time you add greens, top them off with brown material like dry grass and leaves. Collect dry leaves and grass in a separate container to use year-round.

Put kitchen scraps in

the centre of your compost pile, and then cover with browns.

Composting is easier than most people think, whether you have a backyard bin, municipal curbside pick-up or indoor worm bin. Check your city’s website for more troubleshooting tips and advice, especially if you have curbside pick-up.



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Not every promotion is perfect

► In some cases, a 'big step up' might be a nice way of saying that your job is about to get a heck of a lot harder



DREW HINSHAW
METRO WORLD NEWS
LIFE@METRONews.CA

Not every step up is a step in the right direction. Accept a bogus promotion and you could find yourself trapped in a job more miserable than the entry-level gig you rode in on.

"A lot of people are getting promoted in this economy because companies are trying to do more with less," executive coach Cynthia Shapiro says.

"Instead of bringing somebody in, they're having employees do three or four jobs by promoting

them and then expecting them to still do their old work."

"It's kind of a recipe for disaster," she adds. But it's not a recipe you need to swallow.

"You never have to take something that's being offered to you," executive coach Meredith Haberfeld says. And sometimes you shouldn't.

"You need to get clear about what you want out of your career long-term, then you need to make strategic moves towards that," she adds.

DON'T GET STUCK WITH A LOFTY TITLE



► If the amount of work greatly outweighs the pay increase, you should think twice about jumping on board.

It's paradoxical: People who've gotten fired often say it's the best thing that ever happened to them.

But a promotion? A wrong move up can feel more like a chute than a ladder.

"It's often easier to get a promotion than it is to move back if you don't like it," Shapiro warns.

"People don't let you. Companies like to see forward motion. You tell the company you want to go back down, they won't allow it. You try to go to another company and get the position you had before — but you've got this loftier title.

"They're going to imagine something is wrong," she adds.

Any new job title,

Shapiro says, is going to be a leap. Think before you jump.

"I would recommend people take \$50 to \$100 and talk to an expert before you move," she says.

"These things sometimes aren't as good as they look," she adds. "Look at it objectively and make sure the position is set up for success."

Even if it is, it may not be for you, Haberfeld stresses.

"Make sure expanded leadership and accountability is something you are interested in," she says. "That said, don't be short-sighted."

'I'm more determined than ever'

► Winner of Metro's New You Makeover contest, Lisa Airst, is embarking on her new life path with a big smile

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.CA



Ever since Lisa Airst won our Turning Point New You Makeover Contest in Metro News, she has been on a path of



► Lisa Airst

change and self-discovery. In February, Lisa touched our hearts with her story of courage as she battled breast cancer and a career

change. After winning the \$10,000 prize package that included expert career counselling and workshops from NEXCareer, Lisa

plunged into her makeover right away.

"My career counsellor Sandy Johnson has gone above and beyond my expectations. My performance and endurance levels have been raised and I've learned so much. Finding a job is like dealing with cancer. Sometimes you have bad days but you just keep going."

Lisa also received some good news from the hospital. "I finished treatment three weeks ago and my

health is good. That was a milestone. Last year was chemotherapy. This summer is liberation. This has

been a life-changer. Life is good now and I have a feeling it's going to get even better."

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Horton's cup parade delayed in Dunnville

The Stanley Cup arrived a few hours later than expected in a small south-western Ontario community yesterday.

Thousands of people braved the heat in downtown Dunnville to celebrate recent champion Nathan Horton's win and the cup's arrival with a parade.

But Horton told the crowd at around 1 p.m. the cup would be arriving late.

Many of the people who had gathered for the event had already left by the time it arrived closer to 2:30 p.m.

The cup was late because it was left behind in Boston.

Horton, a native of nearby Welland, Ont., was an NHL champion with the Boston Bruins this past year.

"I was a little disappointed about not seeing the cup because that was the main reason why I wanted to go, because I haven't seen it yet," said Caledonia resident Amber Eyre, who drove down to see the cup but left at around 1:30 p.m. before it arrived.

She's also a fan of the Vancouver Canucks, the team Horton's Bruins beat in the finals. The loss gave her added incentive to go today's event.

"Being so close to almost getting the cup and then not, I just wanted to see it." **THE CANADIAN PRESS**



► Darren Clarke lifts the Claret Jug yesterday following the final round of The 140th Open Championship.

Irish eyes smiling at Royal St. George's

► Clarke able hold onto one-shot lead over Johnson to win British Open

No matter how long it grows or even how quickly, the list of major champions from the tiny country of Northern Ireland just wouldn't feel complete without Darren Clarke.

He doesn't have the majestic swing of Rory McIlroy or the putting prowess of Graeme McDowell, the last two U.S. Open champions. He hasn't contended in a major for 10 years and was no longer among the top 100 in the world.

But none of that matters

now, because he was extraordinary at Royal St. George's.

"Bad times in golf are more frequent than the good times," he said. "I've always been pretty hard on myself when I fail because I don't find it very easy to accept that. And there's times I've been completely and utterly fed up with the game."

Advice from friends, family and his agent was always the same.

"Get out there and prac-

tice and keep going, keep going, keep going," Clarke said. "And that's why I'm sitting here now."

Clarke held off brief challenges from Phil Mickelson and Dustin Johnson and held up under the pressure until no one could catch him.

They shared second place, stretching the American drought to six straight majors without a win.

Despite meaningless bogeys on the last two holes, Clarke closed with an even-

par 70.

"Pretty amazing right now," Clarke said. "It's been a dream since I've been a kid to win the Open, like any kid's dream is, and I'm able to do it, which just feels incredible."

Northern Ireland had gone 63 years without winning a major. Now it has three of the last six.

"Northern Ireland..... Golf capital of the world!!" McIlroy tweeted as Clarke played the last hole.

THE ASSOCIATED PRESS

4

sports

Quoted



"We ran and ran. We were exhausted but we kept running."

JAPANESE CAPTAIN HOMARE SAWA AFTER HER COUNTRY BECAME THE FIRST ASIAN NATION TO WIN THE WOMEN'S WORLD CUP. JAPAN BEAT THE UNITED STATES IN A PENALTY SHOOTOUT WITH BOTH TEAMS TIED 2-2 AFTER EXTRA TIME IN GERMANY YESTERDAY.

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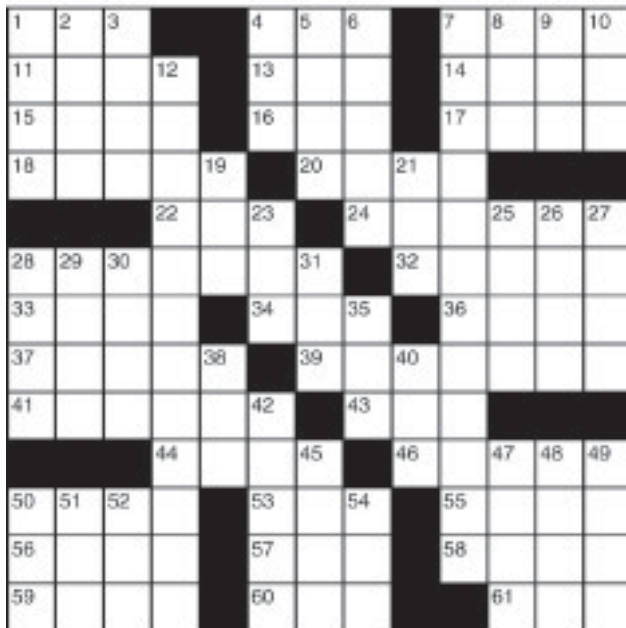
Crossword

Across

1 "Sweet as apple
cider" gal of song
4 Go slaloming
7 Young bovine
11 Body powder
13 Stashed
14 Culture medium
15 Napoleon's exile
isle
16 Right angle
17 Inquisitive
18 Villain
20 Like a — balloon
22 24 hours
24 Don, as loafers
28 Where earth
meets sky
32 Source of annoy-
ance
33 "Zounds!"
34 Cambridge sch.
36 Speaker's stand
37 Wonderland visi-
tor
39 Geckos et al
41 Show-offy know-
it-all
43 Swab the floors
44 Unadorned
46 Ms. Winfrey
50 Shrek is one
53 Work with
55 Come in last
56 Tea time
57 Scratch
58 Basin accessory
59 Forum garment
60 Type of dog
61 Despondent

Down

1 Couple, in a gossip
column



2 Evans or Carnegie
3 Actress Jessica
4 That woman
5 Slay
6 Runs in neutral
7 Halloween treat
8 Past
9 — Vegas
10 Saute
12 Allen Funt's TV
show
19 Nickname in Red
Sox lore
21 Matterhorn, for
one
23 — Kippur

25 Bosc or Bartlett
26 "Metamorphoses"
poet
27 Loch — Monster
28 Pile
29 Lascivious look
30 Incursion
31 Zero
35 Conway or Curry
38 Away from WSW
40 Menagerie
42 "The Apprentice"
VIP
45 Birthright barterer
47 Columns' crossers
48 On the briny

49 Cattle group
50 Frequently,
in verse
51 Sticky stuff
52 Carpet
54 Work unit

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

U always had many friends..and still have them. pls dont cheat with them...pls never do something like this. this is a request to u as I exit. This heart used to pound loud just 4 u..but now it is bleeding....will need some time as u will also do. u made me look bad in front of the person...saying i was in love...didn't yr heart stop u ever? u could have left it at friendship and fixed me write then..i trusted u i honored u i valued u like no one else. People still say things abt u and i shut them up inspite of the harm u have done to me. FRIEND

Matt, I think you saw me looking at you, but I didn't get to smile at you. I wanted to talk to you today but you were busy. My day is complete every time I see you at work. I'll just see yah next week. R

Today's horoscope

♈ Aries March 21-April 20

What seemed such a difficult decision to make last week will come easy to you this week.

♉ Taurus April 21-May 21

Venus, planet of love and harmony, is very much on your side at the moment.

♊ Gemini May 22-June 21

Treat others as you would like to be treated yourself.

♋ Cancer June 22-July 22

You don't have to make a big issue of everything.

♌ Leo July 23-Aug. 23

You will receive good news concerning your

cash flow situation today.

♍ Virgo Aug. 24-Sept. 22

You seem to have been in a rather downbeat mood of late, but you will cheer up considerably over the next 24 hours.

♎ Libra Sept. 23-Oct. 23

Pay attention to what people you live and work with are trying to tell you.

♏ Scorpio Oct. 24-Nov. 22

The message of the stars as the new week begins is that it's OK to dream.

♐ Sagittarius Nov. 23-Dec. 21

No task is too much for you and no

For today's crossword answers and for expanded horoscopes, go to metronews.ca

situation is too difficult to handle.

♑ Capricorn Dec. 22-Jan. 20

You will have to ask for assistance at some point today.

♒ Aquarius Jan. 21-Feb. 18

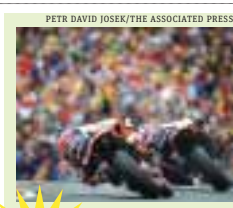
Everyone has limits, even an Aquarius, and your particular limits will be clear to see over the next 24 hours.

♓ Pisces Feb. 19-March 20

This promises to be a good week for friendships and partnerships. In fact you will find it remarkably easy to persuade just about anyone.

• SALLY BROMPTON

Caption contest



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Get more Metro puzzles and games on your iPhone with the FREE Metro Play app — updated daily!



Patience and advice help Mexican entrepreneur reap rich harvest

Coming from a historic Mexican coffee region, entrepreneur Miguel Ángel Abascal appreciates that success – like a harvest of Arabica beans – takes patience and care. He applied that same philosophy when he moved to Canada, with the support of his trusted Advisor at Scotiabank.

"You need at least four years for a coffee plant to yield the first beans, so it takes time to produce a good harvest," explains Miguel, who was chief executive officer of Gran Café de la Parroquia, a famed coffee company with roots going back to the cafés of colonial Veracruz in 1808. "This also applies for Canadian immigrants, since you must take your time and make good decisions to get quality results."

Miguel first saw the link between Canada and coffee culture two years ago when he decided to apply as a permanent resident and introduce the Gran Café de la Parroquia brand to the Canadian market. His firm already exported gourmet organic coffees to Europe, so Canada made sense since Canadians are among the world's largest coffee consumers.

"I saw that Canadians are open to the coffee experience, and since this country offers so much diversity and respect, there are many opportunities for my business and personal ambitions," raves Miguel who began importing Mexico's mild, exotic coffees for Canadian merchants in early 2011.

Determined to do his research before coming to Canada, a happy coincidence made the task easier: Miguel's former account executive at Scotiabank Inverlat in Mexico, Elsy Balboa, had been transferred to Toronto in 2007. Always happy with the service that Elsy and Scotiabank had provided in his native country, Miguel renewed contact to begin planning his move.

"It can be a shock changing countries and starting from scratch, so Elsy explained everything, from safe and easy ways to transfer my money to credit card rates," recalls Miguel.

"It's important for a customer to feel comfortable with their Advisor and get answers to every question," says Elsy, a Financial Advisor at the 1391 Lawrence West & Keele Branch in North York. To help Miguel manage his expenses and obtain a credit card for routine needs, she recommended the **Scotiabank StartRight**® Program¹ for Newcomers, which includes a free

day-to-day bank account for one year², a wide range of VISA® card options³ and a number of other customized services and benefits. "It was easy to open a Canadian account and arrange a wire transfer of funds."

"With my financial side secure, Elsy also answered questions like a friend, discussing everything from apartment prices to health insurance," says Miguel, who is amazed how the Canadian bank offers this level of advice to all newcomers.

"Everything is like a process, as you build networks and relationships," says Miguel, reflecting on his first year in Canada. "But, if you find a trusted coach who gives honest advice, it's much easier to do things right and have a good harvest."



THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.

With Scotiabank's help, Miguel Ángel Abascal is introducing Canadians to gourmet coffee from Mexico.



Renee Omlas
Scotia advisor

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